Health Tip of the Month

Add Orange Try Sweet Potato Fries

Eating vegetables in a variety of colors provides different vitamins and minerals for your body.

Orange sweet potatoes are high in Vitamin A.

So eat the rainbow and try baked sweet potato fries for dinner tonight.

Baked Sweet Potato Fries

Get your ingredients ready.

- 2 medium sweet potatoes
- 2 tablespoons of oil
- black pepper
- red pepper flakes
- seasoning of your choice

Preheat oven to 400 degrees F.

Slice sweet potatoes into fries.

Mix fries, oil, and seasonings in a large bowl.

Spread seasoned fries on baking sheet. Leave space between fries to make them crispy!

Cook in the oven for 15-20 min. Flip your fries at least once to brown on all sides.

Next time you want fries, add some color and bake, don’t fry.

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